

K-8 APRIL LUNCH MENU

LANCER

DINING SERVICES

menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>Chicken Gyro 1</p> <p>WG 8" Tortilla Fresh Broccoli Fresh Orange Sour Cream, Ranch</p> <p>ALTERNATE: Chicken Caesar</p>	<p>Cheeseburger 2</p> <p>WG Hamburger Bun Baked Beans Fresh Apple Ketchup</p> <p>ALTERNATE: PIZZA or Turkey Club Sub</p>
<p>Chicken Nachos 5</p> <p>Black Bean Salsa Cheese Sauce Shredded Lettuce Tortilla Chips Mixed Fruit Cup</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Italian Meat Sauce 6</p> <p>WG Penne Pasta Fresh Carrots, Ranch Dressing Fresh Banana</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>Breaded Chicken Sandwich 7</p> <p>WG Hamburger Bun Green Beans Applesauce Cup, Mayo</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Beef Sloppy Joe 8</p> <p>WG Hamburger Bun Corn Fresh Apple</p> <p>ALTERNATE: Turkey & Cheese Clabatta</p>	<p>Buffalo Chicken Sandwich 9</p> <p>WG Hamburger Bun Garden Salad, Ranch Dressing Fresh Carrots Strawberry/Banana Applesauce</p> <p>ALTERNATE: PIZZA or Turkey & Cheese Sandwich</p>
<p>Macaroni & Cheese 12</p> <p>Fresh Carrots Ranch Dressing Fresh Apple</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Meatball Hoagie w/ Marinara 13</p> <p>WG 5" Hoagie Bun Mixed Vegetables Fresh Banana</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>Roast Turkey w/ Gravy 14</p> <p>WG Tea Biscuit Mashed Potatoes Zucchini Coins Craisins</p> <p>ALTERNATE: Turkey & Spinach Sandwich</p>	<p>Teriyaki Chicken 15</p> <p>WG Hamburger Bun Fresh Broccoli Strawberry Cup Ranch PC</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Bosco Sticks 6" 16</p> <p>Marinara Black Bean Salsa Fresh Orange</p> <p>ALTERNATE: PIZZA or Turkey & Cheese Clabatta</p>
<p>Salsa Turkey Burger 19</p> <p>WG Hamburger Bun Cheddar Cheese Fresh Carrots Ranch Dressing Fresh Apple</p> <p>ALTERNATE: Turkey & Cheese Sandwich</p>	<p>Chicken Fajita 20</p> <p>WG Tortilla Corn Fresh Banana</p> <p>ALTERNATE: Chicken Caesar Wrap</p>	<p>Sweet & Sour Chicken 21</p> <p>Fried Vegetable Rice Fresh Broccoli Sweet & Sour Sauce Mixed Fruit cup</p> <p>ALTERNATE: Turkey Club Sub</p>	<p>Taco in a Bag 22</p> <p>Refried Beans, Shredded Lettuce, Cheddar Cheese Doritos, Diced Tomato Strawberry/Banana Applesauce, UBR Round</p> <p>ALTERNATE: Chicken Cheddar Wrap</p>	<p>BBQ Chicken Hoagie 23</p> <p>WG 5" Hoagie Bun Fresh Broccoli, Cucumber Coins Peach Cup, Ranch</p> <p>ALTERNATE: PIZZA or Turkey & Spinach Sandwich</p>
<p>Pizza Turkey Burger 26</p> <p>WG Hamburger Bun Mozzarella Cheese, Corn Strawberry Applesauce Cup</p> <p>ALTERNATE: Southwest Chicken Wrap</p>	<p>Breaded Chicken Patty Sandwich 27</p> <p>WG Hamburger Bun Fresh, Ranch Dressing Garden Salad Fresh Banana</p> <p>ALTERNATE: Turkey & Cheese Clabatta</p>	<p>BBQ Chicken Drumsticks 28</p> <p>Vegetable Brown Rice Carrots Strawberry Cup, Ranch</p> <p>ALTERNATE: Turkey & Cheese Sandwich</p>	<p>Chicken Gyro 29</p> <p>WG 8" Tortilla Fresh Broccoli Fresh Orange Sour Cream and Ranch</p> <p>ALTERNATE: Chicken Caesar</p>	<p>Cheeseburger 30</p> <p>WG Hamburger Bun Baked Beans Fresh Apple Ketchup</p> <p>ALTERNATE: PIZZA or Turkey Club Sub</p>

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

"This institution is an equal opportunity provider."

Lancer Dining Services does not use pork, peanut, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned), 100% whole grains and a variety of lean meats using heart healthy oils and low-salt seasonings.